

Some Disadvantages Of Sunshine

Hard Work In The Hot Sun May Cause Heat Prostration

A sunburn may be prevented by the previous application to the skin of a solution of Epsom salts or by the use of a tannin or astringent. Warm water, and a change to a cooler room, are also necessary.

Excessive or hard work in the hot sun may cause prostration. In severe cases the victim may have convulsions in his legs. The profuse sweating is usually not a lack of water from the system, but it occasions a loss of salt that causes the chemical reaction. The victim's skin becomes very white, salt water is quite palatable and, yet, enough water should be drunk to replace the white salt.

Heat stroke, popularly called sun stroke, is due to exposure to heat under conditions of high humidity which prevent the normal heat loss from the body. The body's normal heat-regulating mechanism has failed.

Because the victim may have convulsions, fainting, or unconsciousness, it is important that the victim be moved to a cooler place as soon as possible. The victim should be given a glass of water and a glass of lemonade. The victim should be given a glass of water and a glass of lemonade. The victim should be given a glass of water and a glass of lemonade.

If actual heat stroke has occurred or appears about to occur, the person should be moved to a cooler place as soon as possible. The victim should be given a glass of water and a glass of lemonade.

Heat stroke is a medical emergency. The temperature should be taken first. If the victim's temperature is above 102 degrees F., the victim should be moved to a cooler place as soon as possible.

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Author Was Britain's Friend

Owen Walter Dug Dick to improve the relations with United States.

Owen Walter, who died at North Kingston, Rhode Island, not only was a noted author, but he was also a friend of the British Empire. He was a friend of the British Empire. He was a friend of the British Empire.

Insignia Is Valuable

Real Diamond In Star And Officer Of The Order.

The Duke of Devonshire delivered to the King the insignia of the Order of the Garter held by his late father, the Duke of Devonshire.

Nothing Seems Impossible

Practically Nothing Can Be Produced By Moving Property Men.

How many pictures property men have seen of the seemingly impossible was demonstrated recently during the trial of a new machine, the so-called "moving machine," which was used to move a large number of boxes from one place to another.

Research On Grasses

The United States government is trying to find out why a cow eats certain grasses and passes up others. The United States government is trying to find out why a cow eats certain grasses and passes up others.

Phy's pain here, the world's largest...

Isleberg Of The Antarctic

Are Very Beautiful And Delightful Tides Place Shady

This interesting story was taken from "South of the Sun," by Russell Owen.

And a week after leaving Dundee the air grew colder, and far too to the south, the sun was very bright. It was a square block of snow from the continent, which we were heading.

It was the first of May, but it was long before we had reached our destination. The air was very bright. It was a square block of snow from the continent, which we were heading.

Queen Elizabeth is always depicted as a woman with a crown. The Queen Elizabeth is always depicted as a woman with a crown. The Queen Elizabeth is always depicted as a woman with a crown.

Should Be Explained

Thinker In Obscure

We like to think we really are. The thinker in obscure. We like to think we really are. The thinker in obscure.

Not Much Value

Chickens With Handsome Plumes No Good As Workers

Line some workers, the more beautiful a chicken is the less value it has as a worker. The line some workers, the more beautiful a chicken is the less value it has as a worker.

Warships On Parade

Showed Patriotic British What Increased Taxes Were For

Fifty-five great warships went on parade recently at Portsmouth, England. The fifty-five great warships went on parade recently at Portsmouth, England.

More Orders Issued

Handmade Is Forbidden On Italian Stage And Screen

The stage, the movies and music have been ordered to observe the Fascist culture through which an attempt is being made to create a new Italian culture.

Pushed By Prices

California Retailers Have Received an Order for more fish from a catch-boat, which is now in the water.

Unsettled Situation On Ocean Lines

may some day be replaced by mail-trains, capable of floating over the ocean.

Will You share my life?

She: "That depends on what you do."

KING AND QUEEN VISIT MONUMENT IN FRANCE

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Canada Not Exempt

Water Erosion In West More Common Than Generally Supposed

The gutter of today is the gulch of tomorrow and the gorge of the future is today. The gutter of today is the gulch of tomorrow and the gorge of the future is today.

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Successful Farmer

British Horseholder Mahon Goes South to Australia

It is a story about a British horseholder who has gone to Australia. It is a story about a British horseholder who has gone to Australia.

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After corning taken on a light brown colour. All that then remains to be done is to place the fish in a bowl on the serving dish, and bring them to the table with the potato chips.

MAKING THE BATTER

Different recipes are preferred for different kinds of batter used in cooking fish in deep fat but one recipe suggested by a cookery demonstrator on the 19th of February is as follows: Take a cup of flour, three-quarters of a cup of milk, one egg, a teaspoonful of olive oil, and a pinch of salt. Beat the egg and mix the egg slightly, add the salt, oil, milk and flour, and mix well.

Named restaurants in Canada serve fish and chips and chips on their menu, and others would follow their example with profit. The management of such successful groups of restaurants in Canada and the United States makes fish and chips one of its feature dishes.

In preparing any, third portions at a restaurant, the following ingredients are used: Light pounds of Canadian fish and a similar weight by mixing a pound and a half of potatoes with a half of milk, two eggs, and a teaspoon and a half of baking powder. It is essential

**Fare to the
COAST**
VANCOUVER and VICTORIA
pt. 3 to 11
T-30 DAYS
Stopovers at Edmonton, Calgary
and West

NATIONAL

ains

g Proteins

concentrated to

CASE TODAY
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 A BEER"
 "Best"